

Swim Lesson Level Information

There are situations in which a participant may not be concurrently enrolled. No transfers or refunds permitted unless the spot can be filled from a waiting list. Cancellation fee is \$20, transfer fee is \$10. All lessons have a minimum enrollment requirement. This is an abbreviated list, see office for complete list of requirements. Waitlist are available for all levels.

Parent & Child (P&C): (ages 6 months up to 3 years, class ratio – 10:1)

Parent and child share the fun of learning to swim. You will assist your child with basic water adjustment, breath control, and swimming readiness. Class emphasis is on fun and safety. Parent participation in the water required; one parent/adult per child.

Pre-School Aquatics (PSA): (ages 4 years to 5 years, class ratio – 5:1)

Students learn basic water adjustment, breath control, floating, arm and leg movement. Class emphasis is on fun and safety.

Level 1 -Introduction to Water Skills (ages 6 years and up, class ratio – 5:1)

Students learn basic water adjustment, safety, floating, kicking, breath control, treading water, and arm and leg movement for front crawl and backstroke. *Participant must be able to enter water independently, swim at least 5 yards on their front, bob head 3 times then safely exit water; must also be able to glide at least 2 body lengths and float on front and back at least 3 seconds each then recover to vertical position before receiving a passing card to Level 2.**

Level 2 -Fundamental Skills (ages 6 years and up, class ratio – 6:1)

Students learn the fundamentals of front crawl, backstroke, treading water, floating, and water safety. *Participant must float on front for 5 seconds, roll to back and float for 5 seconds and then return to a vertical position; additionally they will have to push off the wall and swim using front crawl for 5 body lengths turn to back and float for 15 seconds then continue for 5 more body lengths before receiving a passing card to Level 3.**

Level 3 -Stroke Development (ages 6 years and up, class ratio – 6:1)

Students learn front crawl with side breathing, elementary backstroke, scissor and dolphin kicks, treading water, survival float, and front dives. Concentration is placed on water safety, refinement of front crawl, building strength and endurance. *Participants must swim front crawl for 15 yards, tread or float for 30 seconds then swim elementary backstroke for 15 yards before receiving a passing card to Level 4.**

Level 4 -Stroke Improvement (ages 6 years and up, class ratio – 8:1)

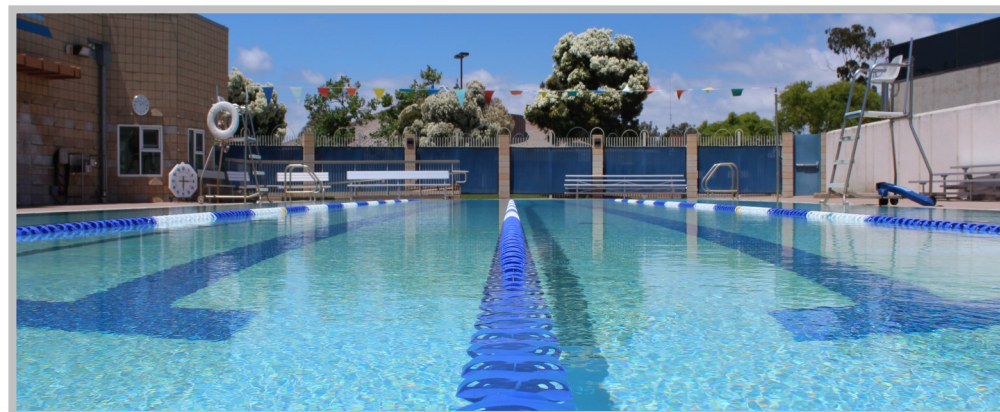
Students are introduced to butterfly arms, side stroke arms, breaststroke, backstroke, and basic wall turns. Emphasis is placed on water safety, refinement of skills learned in previous levels and endurance. *Participants must swim front crawl and elementary backstroke for 25 yards each, and breaststroke and backstroke for 15 yards each before receiving a passing card to level 5**

Level 5/6 -Stroke Refinement & Fitness Swimmer (ages 6 years and up, class ratio – 8:1)

Students continue work to refine strokes from previous levels; are introduced to flip turns, swim drills, use of a pace clock and other training equipment. Level 6 students work to improve their skills for competitive swimming. *Level 5 participants must perform a shallow-angle dive into deep water, swim front crawl and elementary backstroke for 50 yards, and swim breaststroke and backstroke for 25 yards each before receiving a passing card to level 6* Level 6 participants must swim 500 yards using 3 strokes of choice (each stroke must be done at least 50 yards), perform a survival float and back float for 5 minutes, and perform a feet first surface dive retrieve an object from the bottom of the deep end pool in order to receive a passing card.*

*Participant level readiness is at the discretion of the instructor. It is the responsibility of the parent to register the participant in the appropriate level. **Free level placement testing is available.** If a child does not prove competency during first class, they will be removed from the class. Efforts will be made to place child in correct level, but if there is no guarantee space will be available, fees will apply.

Downtown Aquatic Center



September 5, 2017 - November 30, 2017

Closure Dates: (9/4, 11/10, 11/23, 11/24)

Tentative Pool Maintenance to begin in November



Adult Lap Swim (Age 16 yrs.+)

M-F	6:30am - 8:30am
M-F	11:45am - 1:45pm
Saturday (9/9 - 10/28)	9:00am - 10:15am

Punch passes and payment required prior to admittance into the pool. Visitors and observers are not allowed entrance into the pool facility during drop-in programs.

Drop-In Fees

Pass Type	1 Visit	10 Visits	20 Visits	30 Visits
Adult 18+	\$4*	\$38*	\$70*	\$90*
Sr. (55 w/ ID)/Jr.	\$2*	\$18*	\$34*	\$42*

*\$5.00 Non-resident fee will be added to each pass purchased. We accept payments with cash (exact change may be required), payments with credit cards, and personal checks are accepted with photo identification.

Youth Instructional Classes

Registration Information

Registrations accepted Monday through Friday from 8:00 a.m. to 5:00 p.m. at the Downtown Aquatic Center or online 24 hours a day at:

<https://apm.activecommunities.com/costamesarec/home>

Resident Registration: beginning Wednesday, August 23, 8:00 a.m.

Open Registration: beginning Monday, August 28, 8:00 a.m.

Additional Fees:

Non-Resident Fee: Additional \$5 per participant

Administrative Fee: Additional \$5 per transaction for residents and non-residents.

Youth Group Lessons 4WKS | AGE 6MO-15 YR

Fall lessons meet for 25 minutes. Classes are scheduled between 3:30 and 6pm.

Session	Days	Time	Date	Fees
F-1A	M/W	Various	9/6-9/27	\$45*
F-1B	T/TH	Various	9/5-9/28	\$50
F-2A	M/W	Various	10/2-10/25	\$50
F-2B	T/TH	Various	10/3-10/26	\$50

*No Class 9/4

Youth Small Group Lessons

4WKS | AGE 6 MO - 15 YR

Small group lessons meet for four times on Saturday's and have reduced class sizes to maximize instructor to student interaction. Each class meeting is 25 minutes; classes are scheduled from 10:30am to 12:30 pm.

Session	Days	Time	Date	Fees
SA6	Sat	Various	9/6-9/30	\$50
SA7	Sat	Various	10/7-10/28	\$50

Junior Swim Team

4WKS | AGE 6-15 YR

Fine-tune your stroke and discover which swimming event suits you most. Participants will need to be at least level 4 swimmers in order to enroll.

Session	Days	Time	Date	Fees
JST-7A	M/W	6:45pm - 7:25pm	9/6-9/27	\$53
JST-8A	M/W	6:45pm - 7:25pm	10/2-10/25	\$60

Adult Instructional Classes

SORRY..

Sometimes excellent classes with super instructors are canceled if everyone waits until the last minute to register. Please register early to avoid disappointment.

Private Swim Lessons

4 LESSONS | AGE 6 MO-ADULT

Private lessons are ideal for those that wish to have extra practice on specific techniques or require one-on-one attention. Private lessons are \$125* per week of instruction and are scheduled by appointment.

Adult Lessons

All levels welcome. Instructors work individually with participants during each class.

Session	Days	Time	Date	Fees
AD-7A	M/W	6:00 - 6:40pm	9/6-9/27	\$42
AD-8A	M/W	6:00 - 6:40pm	10/2-10/25	\$48

Adult Small Group Lessons

Small group Saturday lessons have lower instructor to participant ratios.

Session	Days	Time	Date	Fees
SA-3	SAT	10:30 - 10:55am	9/9-9/30	\$48
SA-4	SAT	10:30 - 10:55am	10/7-10/28	\$48

Adult Group Fitness Swim

The class is recommended for intermediate to advanced swimmers. Instructors work individually with participants during each class.

Session	Days	Time	Date	Fees
ADF-7B	T/TH	6:45 - 7:25pm	9/5-9/28	\$48
ADF-8B	T/TH	6:45 - 7:25pm	10/3-10/26	\$48

Adult Shallow Water Aerobics

Small group Saturday lessons have lower instructor to participant ratios.

Session	Days	Time	Date	Fees
AQA-6B	T/TH	6:45 - 7:25pm	9/5-9/28	\$48
AQA-7B	T/TH	6:45 - 7:25pm	10/3-10/26	\$48